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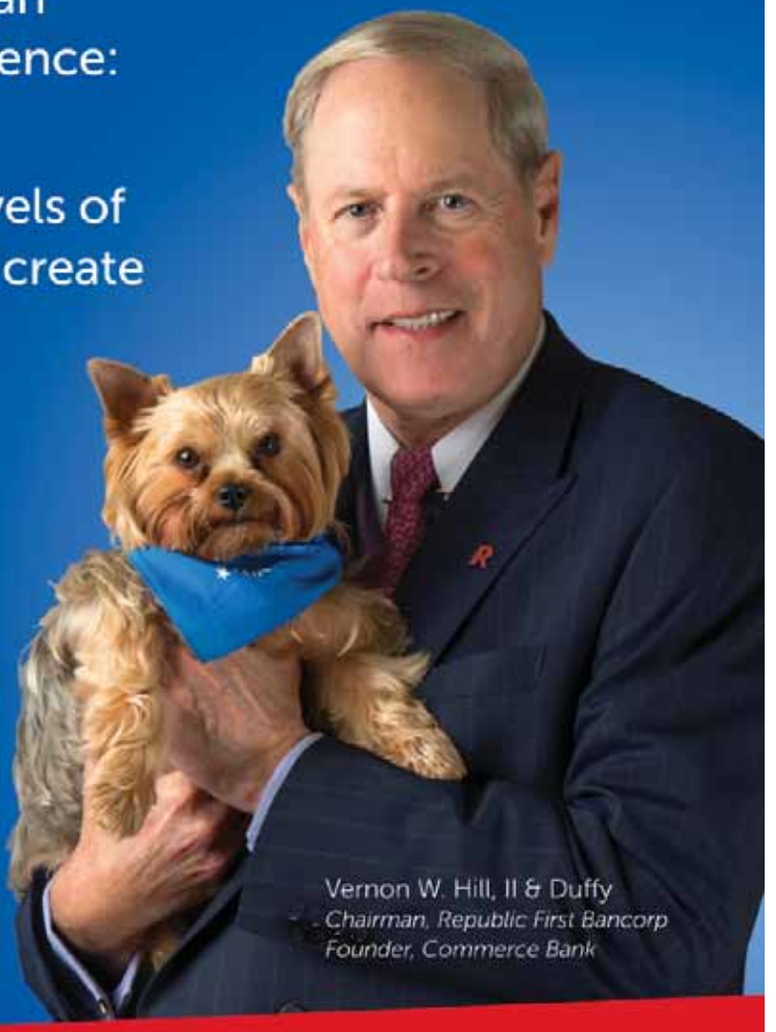

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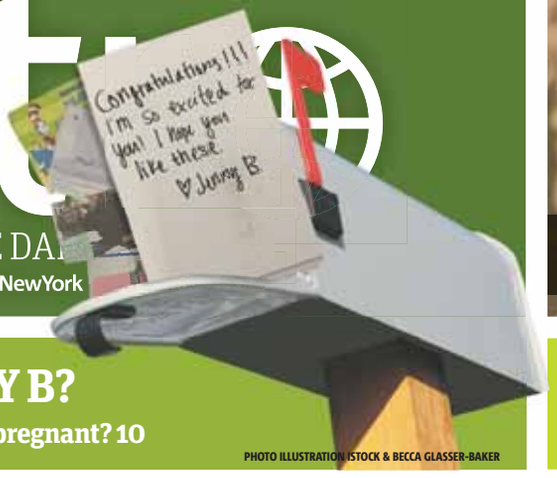

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VICTORY FOR KENYA!

Kenya's Geoffrey Kamworor and Joyciline Jepkosgei outran the pack at the NYC Marathon Sunday. Kamworor, a 2017 winner, powered his way to first place in two hours, eight minutes and 13 seconds while Jepkosgei, in her NYC Marathon debut, took the title in two hours, twenty-two minutes and 38 seconds. 2

REUTERS

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Mostly Sunny	Partly Cloudy	Mostly Sunny	Showers	Showers

Whistleblower offers to speak to Republicans as Trump pushes to unmask

Unmasking whistleblower threat to personal safety.

REUTERS

The U.S. official whose whistleblower complaint led to the impeachment inquiry against President Donald Trump offered to communicate directly with Republicans on the intelligence committee leading the inquiry, his lawyers said on Sunday.

The action was in response to Republican efforts, led by Trump, to unmask the whistleblower, a member of the U.S. intelligence community whose identity has not been released, lawyer Mark Zaid said. Republicans have "sought to expose our client's identity which could jeopardize their safety, as well as that of their family," Zaid wrote on Twitter.

News of the offer came as Trump called on the whistleblower to come forward, in a stark departure from norms in such cases.

> **"The whistleblower should be revealed, because the whistleblower gave a false story."**
>
> Donald Trump

"The whistleblower should be revealed, because the whistleblower gave a false story," Trump said on the White House lawn Sunday, while calling him an "Obama guy" and a "fraud."

Republicans have complained that the impeachment inquiry in the Democratic-led House of Representatives has been unfair to them and to Trump, and that they have been restricted in their questioning of witnesses. The inquiry has followed established House rules.

Trump is under increasing pressure as the House of Representatives forges ahead with its investigation of whether Trump solicited help from Ukraine as he seeks re-election next year. Leaders of the Democratic-controlled House expect to begin public hearings in the next few weeks.

The inquiry was launched on Sept. 24 after a whistleblower complaint from the unidentified U.S. intelligence official who was concerned that the president's actions on Ukraine were illegal and jeopardized national security.

As the inquiry enters its sixth week, however, the whistleblower's testimony, based on second-hand information provided by other U.S. officials, is not likely to be the most important.

Lawmakers leading the inquiry have since heard first-hand accounts from U.S. officials including former National Security Council member Alexander Vindman that describe Trump's efforts to pressure Ukraine to investigate the 2020 Democratic candidate Joe Biden and his son Hunter, as well as accusations he used $391 million in U.S. aid as leverage.

A White House summary of a phone call between Trump and Ukraine President Volodymyr Zelensky showed Trump asking his Ukrainian counterpart to investigate the Bidens.

Adam Schiff, the Democratic Intelligence Committee chairman, said last month that the whistleblower's testimony might not be necessary.

The whistleblower initially offered to answer questions in writing if submitted by the House Intelligence Committee as a whole.

Zaid said the new offer, made on Saturday to top intelligence panel Republican Devin Nunes, reflected the client's desire to have the complaint handled in a nonpartisan way.

"Let me be absolutely clear: Our willingness to cooperate has not changed. What we object to and find offensive, however, is the effort to uncover the identity of the whistleblower," added Andrew Bakaj, another of the whistleblower's lawyers.

Nunes' office did not return a request for comment.

Longstanding Intelligence Committee policy is to protect whistleblowers' anonymity.

Trump has repeatedly lashed out at the whistleblower and called for his identity to be made public. He denies any impropriety and says the impeachment is politically motivated. REUTERS

Kenyans Kamworor, Jepkosgei claim New York Marathon titles

Kenyan half marathon world record holders Geoffrey Kamworor and Joyciline Jepkosgei powered to victories in the New York City Marathon on Sunday.

Kamworor reclaimed the New York title he won in 2017 in two hours eight minutes and 13 seconds and Jepkosgei surprised four-time champion Mary Keitany, winning her marathon debut in 2:22:38.

Kamworor, 26, took command in the final two miles for the victory over compatriot Albert Korir (2:08:36) and un-sponsored Ethiopian Girma Bekele Gebre (2:08:38).

Kamworor told reporters having his training partner, world fastest marathon runner Eliud Kipchoge, at the finish line added extra motivation.

"I didn't want to disappoint him," Kamworor told reporters. "For my start of the race today, I was feeling okay ... throughout the race I was okay.

"Winning the TCS in 2017 really inspired me."

Defending champion Lelisa Desisa of Ethiopia dropped out of the race around the seventh mile mark.

Desisa had been attempting the difficult task of trying to win again just four weeks after claiming the world championship title in the extreme heat of Doha.

Jepkosgei, 25, separated herself from Keitany, the defending champion, with five kilometers to go.

Keitany, 37, who had won in 2014, 2015, 2016 and 2018, finished in 2:23:32 with Ethiopian Ruti Aga third in 2:25:51.

Jepkosgei praised Keitany's experience and told reporters she didn't believe the win was firmly in her grasp until after she crossed the finish line.

"I didn't know I'd won it. My focus was to finish the race," said Jepkosgei. "The strategy which I had planned was to finish the race strong."

Swiss Manuela Schar routed the field in the women's wheelchair competition, winning her third consecutive title in 1:44.20 for a four-minute victory over American Tatyana McFadden.

Joyciline Jepkosgei (left) and Geoffrey Kamworor (right). REUTERS

American Daniel Romanchuk repeated as men's wheelchair champion, clocking 1:37:24 to defeat Swiss Marcel Hug by a second. Britain's David Weir took third. REUTERS

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Woman on subway bloodies elderly man with stiletto heels

Shocking video shows the vicious beating of a 79-year-old-man.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

The Times Square subway station. PIXABAY

A video has surfaced on social media showing the aftermath of a brutal attack on an elderly man in the subway.

According to police, a subway rider used a stiletto high heel shoe to strike a 79-year-old man in the head after he was preaching from the bible. Police are asking the public's help in finding her.

In the video, which was shot on the subway, the elderly victim is seen holding a tissue to a bloody wound on his head as bystanders intervene to help.

CBS reports that the attack was caught on video by straphangers on a southbound 2-train approaching Times Square on Oct. 24.

Police spoke to outlets saying that an unidentified woman confronted the older man and started to scream and curse at him. After the verbal assault, she took her high-heeled shoe and assaulted the man.

Afterwards, the man was taken to NYU Hospital for treatment and later released.

CBS reports that the attack was so brutal that the man has a large gash in his head that took 30 stitches to close.

The woman left the subway after the attack, prompting a search.

If you know something about this crime

If you or someone you know knows anything about this incident, you are urged to call NYPD's Crime Stoppers **Hotline at 1-800-577-TIPS (8477)** or for Spanish, **1-888-57-PISTA (74782).**

You can also send in a tip via Twitter or go to **Crimestoppers.com**

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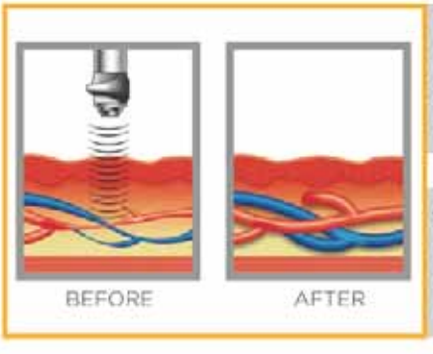

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Iran's Supreme Leader Ayatollah Ali Khamenei delivers a speech. REUTERS

Iran's Khamenei renews ban on talks with U.S.

Two countries described as "implacable foes" by Supreme Leader.

Iran will not lift its ban on talks with the United States, Supreme Leader Ayatollah Ali Khamenei said on Sunday, describing the two countries as implacable foes on the eve of the 40th anniversary of the seizure of the U.S. embassy in Tehran.

"One way to block America's political infiltration is to ban any talks with America. It means Iran will not yield to America's pressure," Khamenei, who is Iran's top authority, was quoted by state TV as saying.

"Those who believe that negotiations with the enemy will solve our problems are 100% wrong,"

Relations between the two foes have reached a crisis over the past year after U.S. President Donald Trump abandoned a 2015 pact between Iran and world powers under which Tehran accepted curbs to its nuclear program in return for lifting sanctions.

Washington has reimposed sanctions aimed at halting all Iranian oil exports, saying it seeks to force Iran to negotiate to reach a wider deal. Khamenei has banned Iranian officials from holding such talks unless the United States returns to the nuclear deal and lifts all sanctions.

The anniversary of the seizure of the U.S. embassy shortly after Iran's 1979 Islamic Revolution is marked in Iran with annual demonstrations of crowds chanting "Death to America" across the country.

> **"The French president, who says a meeting will end all the problems between Tehran and America, is either naive or complicit with America."**
>
> **Khamenei**

The embassy capture cemented the hostility between the two countries which has remained a central fact in Middle East geopolitics and an important part of Iran's national ideology. Iran, which accused the United States of supporting brutal policies of its ousted Shah, held 52 Americans for 444 days at the embassy, which it called the Den of Spies.

"The U.S. has not changed since decades ago ... it continues the same aggressive, vicious behavior and the same international dictatorship," Khamenei said. "Iran has a firm, iron will. It will not let America return to Iran."

Washington's European allies have opposed the Trump administration's decision to abandon the nuclear pact. Iran responded to U.S. sanctions by gradually scaling back its commitments under the nuclear agreement and has said it could take further steps in November.

Khamenei poured scorn on French President Emmanuel Macron for trying to promote talks between the foes. Macron tried to arrange a failed meeting between Trump and Iranian President Hassan Rouhani on the sidelines of the U.N. General Assembly in New York in September.

"The French president, who says a meeting will end all the problems between Tehran and America, is either naive or complicit with America," Khamenei said in remarks reported by state television. REUTERS

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A PATH train. GETTY IMAGES

Port Authority toll and fare hike begins

Riders are looking at a significant price increase for tickets on the PATH and the AirTrain.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

The first phase of the Port Authority toll and fare hikes started on Friday, impacting riders who take the PATH and AirTrain.

ABC reports that this is the first time the AirTrain fare has increased in 16 years. The fares from Newark and Kennedy Airport will go from $5 to $7.75.

PATH riders will notice that they are or will be losing some of the SmartLink discounts.

If you purchase ten trips on SmartLink, riders were paying $2.10. That will be increasing to $2.50, and then even further to $2.60 on Nov, 1, 2020.

Although the ten trips fare will increase, the regular rate of $2.75 per trip will not increase.

Port Authority's plan will also increase the tolls; however, these fare hikes will not start until Jan. 5. The fares for the George Washington Bridge, Lincoln Tunnel, Holland Tunnel, Outerbridge Crossing, Goethals Bridge and Bayonne Bridge will increase by $1, bringing the toll total from $15 to $16.

$2.75

Although the ten trips fare will increase, the regular rate of $2.75 per PATH trip will not increase.

Trump wades again into UK politics, tells Johnson, Farage to unite

U.S. President Donald Trump on Sunday urged British Prime Minister Boris Johnson and Brexit Party leader Nigel Farage to come together to safeguard prospects for expanded U.S.-UK trade after Britain leaves the European Union.

Trump told reporters at the White House that both men were friends of his, but Johnson was "the right man for the time."

Farage on Sunday said he would not run for a seat in parliament in Britain's snap Dec. 12 election, focusing instead on campaigning against Johnson's EU divorce deal. The election was called because of an impasse in parliament over Brexit, more than three years after voters decided to leave the bloc.

REUTERS

Asked which UK leader he supported, Trump said, "I like them both. I think Boris will get it right. They're both friends of mine. What I'd like to see is for Nigel and Boris to come together. I think that's a possibility."

Trump said Britain's exit from the EU must be structured to facilitate continued trade between Britain and the United States.

"We're far and away the No.1 economy in the world, and if you do it a certain way we're prohibited from trading with the UK," he said. "That would be very bad for the UK, because we can do much more business (than the) European Union."

Trump first waded into Britain's election campaign last week, telling Farage in a radio interview that the leader of the left-wing opposition Labour Party, Jeremy Corbyn, would be "so bad" for Britain if he wins. REUTERS

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- Residents of Bronx **Community Board 7** (50%)
- Municipal employees (5%)

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	Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] Minimum - Maximum[4]
60% AREA MEDIAN INCOME (AMI) UNITS	Studio	$736	2	1 person	$27,189-$44,820
				2 people	$27,189-$51,240
	1 bedroom	$809	6	1 person	$33,875-$44,820
				2 people	$33,875-$51,240
				3 people	$33,875-$57,660
	2 bedroom	$1,121	4	2 people	$40,492-$51,240
				3 people	$40,492-$57,660
				4 people	$40,492-$64,020
				5 people	$40,492-$69,180
	3 bedroom	$1,299	2	3 people	$46,835-$57,660
				4 people	$46,835-$64,020
				5 people	$46,835-$69,180
				6 people	$46,835-$74,280
				7 people	$46,835-$79,440
80% AREA MEDIAN INCOME (AMI) UNITS	Studio	$1,049	2	1 person	$37,920-$67,230
				2 people	$37,920-$76,860
	1 bedroom	$1,320	6	1 person	$47,280-$67,230
				2 people	$47,280-$76,860
				3 people	$47,280-$86,490
	2 bedroom	$1,591	4	2 people	$56,606-$76,860
				3 people	$56,606-$86,490
				4 people	$56,606-$96,030
				5 people	$56,606-$103,770
	3 bedroom	$1,831	2	3 people	$65,418-$86,490
				4 people	$65,418-$96,030
				5 people	$65,418-$103,770
				6 people	$65,418-$111,420
				7 people	$65,418-$119,160
100% AREA MEDIAN INCOME (AMI) UNITS	Studio	$1,185	3	1 person	$42,583-$74,700
				2 people	$42,583-$85,400
	1 bedroom	$1,490	11	1 person	$53,109-$74,700
				2 people	$53,109-$85,400
				3 people	$53,109-$96,100
	2 bedroom	$1,795	7	2 people	$63,600-$85,400
				3 people	$63,600-$96,100
				4 people	$63,600-$106,700
				5 people	$63,600-$115,300
	3 bedroom	$2,066	4	3 people	$73,475-$96,100
				4 people	$73,475-$106,700
				5 people	$73,475-$115,300
				6 people	$73,475-$123,800
				7 people	$73,475-$132,400

[1] Tenant pays electricity

[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. **To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: Villa Gardens c/o Langsam Property Services Corp. 1601 Bronxdale Avenue, Suite 201, Bronx, NY 10462.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. **Applicants who submit more than one application may be disqualified.**

When is the Deadline?

Applications must be postmarked or submitted online no later than **January 3, 2020**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Villa Gardens c/o Langsam Property Services Corp. 1601 Bronxdale Avenue, Suite 201, Bronx, NY 10462.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **3 de enero 2020.**

简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Villa Gardens c/o Langsam Property Services Corp. 1601 Bronxdale Avenue, Suite 201, Bronx, NY 10462**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2020 年 1 月 3 日.**

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‘Jenny B’ gift card marketing scheme invades the northeast

If you’ve received a ‘Jenny B’ pregnancy card in the mail, you’re not alone.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

A while ago, I received a card in the mail with no return address. Upon opening, I was confronted with garish graphics and a tacky slogan, “Holy Guacamole, you’re going to avo baby!” Inside, the card read, “Congratulations!!! I am so excited for you! I hope you like these! <3, Jenny B.”

The card has $245 in gift cards and an assortment of baby coupons.

Despite no return address, I quickly discovered the zip code it was mailed from was Salt Lake City, Utah. I do not know anyone in Utah.

I am not pregnant, nor do I have any plans to become pregnant in the immediate future.

I do not know any Jenny Bs either. So how and why did I get this? Was it mistaken identity? The letter was addressed to “Rebecca Glasser.” My full name is Rebecca Glasser-Baker, not Rebecca Glasser.

I was confused and offended when I received the card. A plethora of questions flooded my mind. Was it real? Did I gain that much weight from my Booze and Brews column? Was it a scam? Is someone assuming that because I’m 27 years old I’m pregnant? Or somehow bound to become pregnant? What kind of sexism is that? How did they get my information? Finally, what if I got this and I was someone who couldn’t conceive?

I quickly discovered this wasn’t a mistaken identity case and that I wasn’t the only one who received the exact same card. Women across the United States have been receiving the same thing in the mail. Users on social media platforms such as Reddit and Twitter have expressed their distaste for the cheeky purple card.

Many of the women who received the cards and coupons were not pregnant either. So what’s the deal?

Upon investigating the matter further, I discovered that in February this year, the Surry County Sheriff’s office in Virginia had investigated the letters to see if they were a scam.

Folks have been posting that items they have ordered using these gift cards have never been received, some people affected are saying that they used the gift cards but had to pay over $20 in shipping and some folks are reporting that money has been taken, but no items have been received.

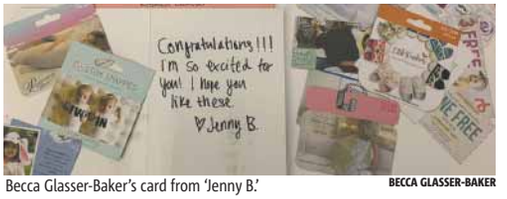
The BBB reports that as of March 7, 2019, they reached out to Mother’s Lounge requesting discontinuation of certain practices and requested modification.

According to the website, an alert about the company has been added to the BBB site, which reads as “BBB has recently received complaints concerning mailed gift card advertisements from Mother’s Lounge LLC’s different online businesses. These complaints are currently pending as BBB is waiting for the business’ response.”

Metro has reached out to Mother’s Lounge LLC for a statement and they have not returned the request.

Has Jenny B contacted you?

If so, send me your story at Rebecca.Glasser@metro.us



Becca Glasser-Baker’s card from ‘Jenny B.’ BECCA GLASSER-BAKER

The Surry County Sherriff’s department shared a post on Facebook stating:

“SCAM ALERT UPDATE!!!

This is a follow-up to the previous scam alert post. Upon further investigation we have revealed that ‘Jen’ is Jeanette Pierce from Pleasant Grove, Utah. Upon speaking with Ben Pierce, who is General Manager for Mothers Lounge, LLC located in Pleasant Grove, Utah advised that they are sending out those cards as a promotional advertisement for those companies. It does not appear to be a scam.

With increases in scammers, we wanted to inform the community as soon as we suspected it to be a scam but we have later determined that it is not. We apologize for any inconvenience that this mix up has caused but we wanted to err on the side of caution. They purchase your address and email from other businesses that you have given that info to. You have to be sure to check the box that you wish not to have that information sold.”

Mother’s Lounge, LLC has quite a list of complaints on the Better Business Bureau (BBB) site. I spoke to Jane Rupp from BBB in Utah, that manages this BBB profile and they told me that, “BBB is continuing to receive numerous inquiries, complaints, customer reviews and BBB Scam Tracker entries on the marketing campaign of Mother’s Lounge (and entities). Consumers should base their decision to purchase on the price before the alleged gift card is applied. BBB has noted that the overall price (including shipping) may increase with the use of the alleged gift card.”

Addtionally, she said that, “We are still hopeful that Mother’s Lounge and Jennie Bosco (Pierce) will revise the marketing campaign to be transparent and meet advertising standards. All consumers deserve businesses that are honest, ethical and transparent!”

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REUTERS

Judge blocks Trump rule requiring prospective immigrants to have health insurance

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Trump had intended the new rule to go into effect Nov. 3.

A federal judge in Oregon on Saturday temporarily blocked a Trump administration proclamation that would have required prospective immigrants to prove they would have U.S. health insurance within 30 days of their arrival or enough money to pay for "reasonably foreseeable medical costs."

Judge Michael Simon in U.S. District Court in Portland, Oregon, granted a 28-day temporary restraining order that prevents the rule from taking effect on Nov. 3. The legal challenge against it will continue.

In an 18-page order, Simon said the potential damage to would-be immigrants and their families justified a nationwide block.

"Facing a likely risk of being separated from their family members and a delay in obtaining a visa to which family members would otherwise be entitled is irreparable harm," he wrote.

Seven U.S. citizens and an advocacy organization filed a lawsuit to block the rule, arguing it "rewrites our immigration and healthcare laws by Presidential fiat" and could bar hundreds of thousands of prospective immigrants.

Prospective immigrants had been scrambling to figure out how to get the necessary coverage, navigating a complex healthcare bureaucracy that has, for the most part, not previously catered to those who are not yet in the country.

"Facing a likely risk of being separated from their family members and a delay in obtaining a visa to which family members would otherwise be entitled is irreparable harm."
Judge Michael Simon

The Trump proclamation said it aims to stop healthcare providers and taxpayers from bearing "substantial costs in paying for medical expenses incurred by people who lack health insurance or the ability to pay for their healthcare." It cited data that "lawful immigrants are about three times more likely than United States citizens to lack health insurance."

Healthcare policy experts say immigrants use the U.S. system less often than Americans. According to an analysis by Leighton Ku, director of the Center for Health Policy Research at George Washington University, recent immigrants without insurance accounted for less than one-tenth of 1% of U.S. medical expenditures in 2017. REUTERS

ISTOCK

Hong Kong mall clash ends in bloody knife attack and bitten off ear

Hong Kong anti-government protesters crowded a shopping mall in running clashes with police on Sunday during which a man with a knife slashed several people and apparently bit off part of a local politician's ear.

A human chain in Cityplaza, in the eastern suburb of Taikoo Shing, turned into a face-to-face conflict with police, running up and down escalators where families with young children had been window shopping just minutes before and watching skating on the ice rink.

Police said protesters had vandalized a restaurant in the mall after a peaceful chanting of slogans in the 22nd straight weekend of protests by Hong Kong people furious at perceived Chinese meddling in the former British colony which returned to Chinese rule in 1997.

Several people were wounded, with one man in a white tee-shirt, believed to be the knifeman, being beaten with sticks by protesters. Another man lay in a pool of blood on the pavement outside the mall.

Democratic district councillor Andrew Chiu was among the wounded, blood dripping from his ear. Democratic Party lawmaker James To told reporters the knifeman had bitten off part of Chiu's ear and slashed other people.

He said the other wounded were in more serious condition than Chiu who was seen on TV holding the piece of his ear in a plastic bag with bloody hands.

A kitchen knife lay on the ground outside the mall.

Police made several arrests as protesters shouted "black police!", a reference to their perceived brutality. The standoff lasted into the night, with residents jeering police from the roadside and balconies of nearby apartments, chanting "leave now" and more colorful Cantonese expletives.

Police fired tear gas, outside the East Hotel in Taikoo Shing, to try to break up the crowds. They then left.

"These police are not what they used to be," said Julie, 24, giving police the middle finger. "They come in here and push us around. It is not right."

Police fired pepper spray at reporters when they got too close. One journalist was arrested.

"This is out of control. This was a peaceful protest. And these people are just local residents, we live around here," said Desmond Fong, 28, who works in marketing. He was out shopping for sneakers when the protest erupted.

> **"These police are not what they used to be. They come in here and push us around. It is not right."**
>
> **Said Julie, 24, giving police the middle finger.**

Taikoo Shing is an office and high-rise apartment development dating back to the 1970s, with the newer office, bar and restaurant district of Quarry Bay next door. Police said they were investigating the knife attacks.

CLEAN-UP AFTER SATURDAY'S VIOLENCE

There were also running battles, vandalism and scuffles in and around malls in the New Territories towns of Tai Po, Tuen Mun and Sha Tin, where police fired pepper spray as protesters hurled abuse. Protesters built a street barricade in Tai Po.

Pro-democracy protesters battled police across the main island on Saturday, furious at Communist Party leaders in Beijing and perceived Chinese meddling with Hong Kong's promised freedoms, which China denies. REUTERS

Violent clash in Hong Kong shopping mall. REUTERS

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"It will be an album loaded with social and political criticism" - THE OFFSPRING

Guitarist Kevin "Noodles" Wasserman chatted with Metro about the band's tour and next work.

LIZETH CADENA
letters@metro.us

PROVIDED

Do you remember the band's first performance as The Offspring?
Of course, although we weren't called The Offspring at the time. We were Manic Subsidal. Our first concert was in 1985 in Santa Cruz, California. I also remember that our next presentation was in San Francisco. We were incredibly scared, but at the same time it was a lot of fun.

You've been touring with Bad Religion, which is also an iconic punk rock band. Tell us more about that experience.
They are one of the bands with the best live performances. They are an iconic band, and no one can deny it because they have tremendous songs and in the concerts they sound impeccable.

How and when did you start working with Bad Religion? Your relationship with them goes back a long way?
We've had a close relationship with Brett Gurewitz since 1992, when we signed with his label Epitaph Records. That same year we recorded "Ignition." And, of course, we also had the opportunity to play with them many years ago. When we started this tour we have given ourselves the opportunity to get to know each other better. They are excellent people and tireless workers.

You recently released "It Won't Get Better."
Actually, the 'release' of this song came as we played it live. All of a sudden it went viral and it was already on YouTube and the internet. So the studio version was released as soon as possible. As for the lyrics, well, what we're trying to do is a critique of the opioid crisis, which is leaving so many deaths in the United States and the world. More and more people are dying and more and more people are becoming addicted. We made it not just because it is illegal, but because companies are taking advantage of this situation to make people dependent on painkillers and other kinds of drugs. All they want is to make money.

It's a single off your next album. Tell us a little more about it. How does "It Won't Get Better" represent it?
"It Won't Get Better" is a sample of what you will see on the album, starting with the fact that it will be an album loaded with social and political criticism. As for the sound, you know we always try to explore different rhythms, so a couple of tracks are the result of that experimentation. And speaking of numbers, there will be approximately 12 songs. [There is no confirmed release date yet.]

Releasing a new album involves using new sounds that don't always please old school fans.
By always making music you like that it makes you smile as a soloist or as a band. And, of course, the pressure of criticism and commentary will always be there, but real fans always connect with what comes out of your heart, whether it's fused with reggae or some other kind of genre.

What's your favorite part of creating a record?
It's when you're working on a song, you listen to it, and it sounds amazing. Getting this is not as easy as many people imagine, because many times you work, work and work, you add to it, you take something away, and in the end you hate it. So that feeling that goes through your body when you know you made it, damn it, is incredible! There's nothing like that in the world.

Your last album "Days Go By" was released in 2012. Why did you take such a long break?
It wasn't something we planned. The truth is that everyone was focused on different projects. For example, Dexter [Holland] was finishing his PhD in Molecular Biology. Although we had the intention of making a new album, we started very slowly, but started.

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While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

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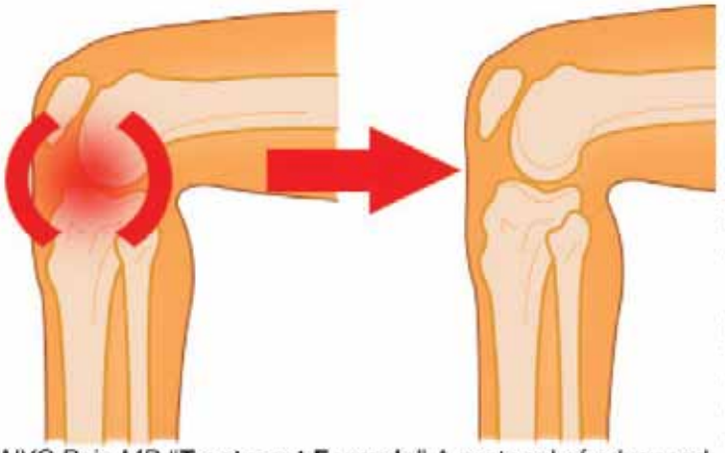

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- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

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Adam Duritz gives back to the scene with the Underwater Sunshine Festival

The two-day festival returns to Rockwood Music Hall this weekend.

PAT KING
patrick.king@metro.us

While Adam Duritz may be known as the poetic and singular frontman of the Counting Crows, some days he would much rather be a fan of music than the one creating it. Of course the band – as successful as they are – can do their part to take out smaller bands on the road to help them to gain exposure. But opening for a band of their size and esteem can lead to indifference from an audience who is only there to see the headliner.

In 2018, Duritz and a few of his like-minded friends decided they would do more to pay things forward by hosting a two-day festival known as "The Underwater Sunshine Festival" at Bowery Electric to showcase some of their favorite underground acts. The festival returns this year for two nights at Rockwood Music Hall on Nov. 8th and 9th with 25 confirmed acts performing on all three of the venue's stages.

"This is our third one for 'Underwater Sunshine,' but a bunch of us worked on a thing called 'The Outlaw Roadshow' for about 10 years before this, which is very similar, run by my friend Ryan Spaulding, and I was sort of inspired by the things he was doing," Durtiz explains regarding the inspiration behind this festival. "He split off to do his own thing a couple of years ago. After a while, a bunch of us who had been working on all got together for a friend's wedding. We were all at my house for the wedding, and it was normally the same time of year where we would have been doing a festival. We just realized we all really loved doing it together and we still wanted to, and so we decided to do it."

Even though Counting Crows have been a successful touring band since the early '90s, Duritz understands how difficult and discouraging it can be as a musician. With this festival he hopes he can provide a nurturing environment for bands and help them to recalibrate their faith in what they are trying to accomplish with their art.

"I spent 10 years in the clubs before Counting Crows took off," says Duritz. "I remember all the doubts and all the fears about that stuff. I don't know. There's just something really rewarding about this. Really, I also remember how much I loved having a peer group of friends who played music because we were all struggling together. That can be lost when you get successful, unless you want to hang out at the MTV Awards, which wasn't really my bag."

PROVIDED

This year's festival boasts a pretty eclectic bill full of artists handpicked by Duritz and his friends involved with the festival. Fans will be able to see bands like Marcy Playground, Wild Pink, Wintersleep and Maria Taylor perform in Rockwood's intimate environments. But one of the acts that Duritz is the most excited to see perform is singer-songwriter Stew with his band the Negro Problem.

"To me, he's just f--king national treasure," Duritz exclaims. "That guy is real. One of the truly ... maybe the great American songwriter to me. I think he's so brilliant."

And that's the whole point, really. When speaking with Duritz nothing is more clear than his love of music and his willingness after all of these years to have his mind blown and be taken off guard and surprised by new music. His enthusiasm is contagious, even over the phone, and it's something he hopes the bands that are booked will carry with them even after this year's festival has concluded. This is a festival that is equally for the fans as it is for the bands performing. Shouldn't that always be the case?

"[The bands] tend to meet each other and they have this really great experience. Then everybody goes to watch each other play, too. I've gotten back from a lot of the bands. It's a hard thing being in a band and you get very little recognition a lot of times, especially in independent world, there's not a lot of people telling you, you should be doing it. People are telling you what are you going to do with your life? You don't get a lot of encouragement or support and sometimes ... I'd love if the bands blew up from our festival. That will be amazing. But a lot of them have told me it's the thing that made them feel playing music all year. Just for the next year, they were on high for a minute and they felt good about themselves and what they were doing."

While Duritz will only be enjoying the bands from the audience's perspective at these shows, I ask him if constantly pursuing new music – he hosts a music podcast under the same "Underwater Sunshine" name – has inspired him to write new material for a future Counting Crows album.

"Yeah," Duritz reassures, "I was over in England for a while. I went into hiding out on my friend's farm for a while in August in the west of London. I just wrote for a while out there, so I've got some stuff that I'm working on that ... I hadn't been writing for a while, so I got to writing and now I think maybe we'll try and record next year. It's not all done yet. I got to see how these songs turn out, but it's getting there."

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About the Study

Qualified participants will receive study-related care and study medication at no charge as well as receive reimbursement for time and participation.

A high percentage of gastroparesis patients have difficulty with a variety of symptoms from abdominal pain to nausea and vomiting.

The study duration is approximately 4 months with a screening phase of approximately one month prior to randomization to drug or placebo.

Researchers in the United States are looking for up to 400 adults diagnosed with gastroparesis who

- are between 18 and 70 years of age
- experience significant symptoms of gastroparesis such as nausea

Contact Information

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www.ClinicalTrials.NYC

This weekend is going to be delicious

Alex Guarnaschelli is a special guest at the Borgata Hotel, Casino & Spa's Savor Borgata event.

MOLLY GIVEN
Molly.Given@metro.us

Iron Chef Alex Guarnaschelli has dipped her spoon into many pots in the culinary world with a variety of cookbooks, TV shows on Food Network and even her own restaurant in NYC: Butter. This weekend you can catch the New York native in Atlantic City as a special guest this year at the Borgata Hotel, Casino & Spa's Savor Borgata event featuring a colorful variety of food-related events.

Guarnaschelli is just one of the many talented culinary mavens appearing this weekend at the Borgata (along with Michael Schulson, Bobby Flay and Wolfgang Puck just to name a few), and each talented chef and Food Network star will be hosting their own interactive class, tasting or special programming.

Guests can catch Guarnaschelli at The Ultimate Food Experience on Saturday (Nov. 9) or at her Holiday Lunch & Learn class that same day.

Guarnaschelli gave Metro the scoop on what to expect at the delicious star-studded extravaganza in Atlantic City this weekend.

Savor Borgata is truly a colorful showcase of all things culinary. What events will you be involved with throughout the weekend?
I am excited to participate in the big Savor Borgata walk-around tasting event that Saturday evening. It's also a competition as a winning dish will be picked from all the offerings from the chefs, and I am also doing a special class called "Lunch and Learn" Saturday afternoon. I will be cooking up a lot of fun small plates that will hopefully inspire great holiday menus!

Chef Alex Guarnaschelli. GETTY

What do you think some of the best attributes are that an event like Savor Borgata: The Ultimate Food Experience brings for foodies?
I always think it's great when people get to interface with their favorite chefs. It's obviously an opportunity for chefs in the public to get to know each other and have a great conversation about food.

What do you personally like the most about hosting events like your Holiday Lunch and Learn?
I like the intimacy that comes from a classroom type of experience where excited foodies and home cooks get to taste dishes from professional chefs. The lineup of chefs is very impressive this year, and I think it's nice that there is a lot of fun and festiveness. I like it even better that there are also smaller-scale events where people can do a deep dive into great food and good cooking ideas.

Is there anything special about any event at Savor Borgata that you want guests to know about?
The Lunch and Learn event is what I am especially excited about. I love that we are getting so close to the holiday season and going to be talking about what kinds of new dishes can be brought to the table. I love the Savor Borgata main event too, though, and if I were a guest, I'd go to each table and eat one of each dish.

Would you say the holiday season is one of your favorites for cooking? If so, why? If not, which season is?
Without a doubt, my favorite cooking of the year is done on Thanksgiving. I just love turkey and all the sides, and I love to bake (and eat) pie too. The smell of cranberry sauce bubbling on the stove and pumpkin pie in the oven is like aromatherapy.

You've said that you're passionate about American ingredients, what are some of your go-to essential ingredients or recipes?
Corn grits from the south. Tree nuts from California and Oregon. Lobsters from Maine. Those are some American essentials for me. Essentials for my cooking are Dijon and red wine vinegar. I can pretty much make anything if I have those hanging around my pantry.

For more information on Savor Borgata (Nov. 8-10) visit theborgata.com

NYSPI IRB Approved
7022
9/25/2019 -> 9/24/2020

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Knee Arthritis Pain?
10 Year Medical Study Reveals Knee Replacement Avoided With Newest Medical Treatment In 3 of 4 Cases

If you suffer with painful knee arthritis – science may have finally found the answer you've been looking for.

Here's why: What should be looked at as a landmark and startling study by the medical world, research published by a noted Orthopedic Surgeon in the Journal Of Knee Surgery revealed that 75% of those with Grade IV (often called "bone on bone") knee arthritis were able to avoid the surgery more than 7 years and beyond.

When doctors accurately placed FDA approved lubricating medicines using advanced imaging into almost 2000 arthritic knees (like putting oil on a rusty door hinge or automobile engine) the majority of patients actually responded well enough to avoid major and complex knee replacement surgery. But, the procedure needs to be done by experienced doctors using the best technology for optimum technique and results.

Know this: This is an FDA-cleared REAL medical treatment that must be given by a skilled professional.

These special treatments are now available right here in NYC for Tri-State area arthritis sufferers. And many insurances, even Medicare, cover these treatments for qualified patients.

More Good News: *NYC Pain MD*, the NYC area's "go to' medical group for non-surgical arthritis pain management is now offering these simple, in-office treatment programs and offers a No-Cost, No-Obligation screening appointment to find out if you qualify. To speak with a scheduling coordinator about a screening appointment, just call 877-228-5490.

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

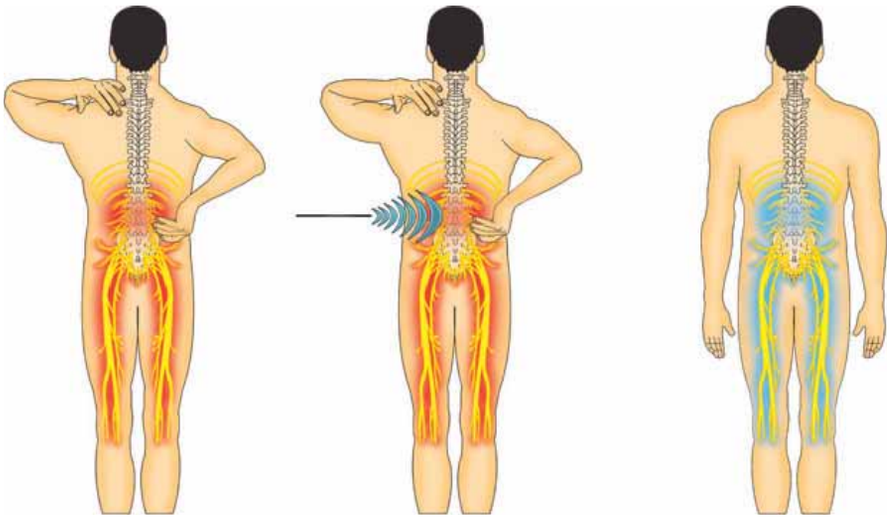
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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EDUCATION

PHOTOS: ISTOCK, YOUTUBE

ASMR: The web trend made to relax your senses

It went from being a scientific term to a popular hashtag. Its secret? Appeal to very intimate, yet very common resources to achieve relaxation.

LUZ LANCHEROS MWN
letters@metro.us

ASMR is very popular for stimulating small everyday pleasures for many, perhaps because of its simplicity. Soaps being destroyed, cut, dug out and gutted. Makeup being crushed, food being ground down or any other element or substance being utilized to produce an "ambient sound" is pursued by ASMR followers. This is how we could describe, at first glance, online ASMR, which has its own celebrities, variants and is, at least on Instagram, a very popular hashtag with more than 7 million posts. But where does the term come from?

ASMR stands for Autonomous Sensory Meridian Response and is characterized by a pleasant static-like or tingling sensation that runs through the scalp, neck and upper spine. This is triggered by auditory and visual stimuli. It's popularly referred to as a "cerebral orgasm" (something that started a decade ago), although there has been a clear differentiation between ASMR and sexual arousal.

Now, this experience can be generated in everyday life, but there are specific triggers that already have their own cult following on the internet, and have developed for more than 10 years. Soft voices, repetitive sounds or tasks, swallowing sounds and bumps on surfaces are some of these triggers, and in fact, the most popular are whispers. Besides these commonplace stimuli, there are also those who generate more creative paths to relief, such as the painter Bob Ross.

What has been studied in this regard?

This experience has been around since 1925 and in 2007, the term began to be discussed online in dedicated forums. Studies have been published in journals such as Perspectives in Biology, where the therapeutic value of ASMR was discussed. In 2015, Nick Davis and Emma Barratt discovered how whispers work as an effective trigger for 75 percent of the 475 people who participated in a research study of ASMR techniques. Other subsequent studies, the most recent published in BioImpacts last year, even showed brain images of ASMR and the specific brain regions activated during the experience. It was concluded that the brain responses were similar to those found during social bonding or that feeling known as "chills" that you get from an emotional experience like hearing a beautiful piece of music.

And so, in popular culture, artists like Claire Tolan, Julie Weitz and Lucy Clout have already used ASMR to create their works. Even on television, there are advertisements and series – "The Good Fight" to name one – in which they present the phenomenon. But ASMR's primary realm is online.

ASMRtists

Although Art Bears and Bob Ross have been around since before YouTube, the phenomenon was popularized over the last decade through people who began to create environments (many times through binaural recordings) in which they whispered or generated relaxing and repetitive noises to gain followers. In this way, people like Olivia Kisper, Gibi ASMR and Maria Viktrovna, creator of the Gentle Whispering channel, among others, have reached thousands of followers. And although some of the content has been eroticized, participants come from all walks of life. Dennis Riley, a 17-year-old Christian with 596k YouTube subscribers, posts regular videos using ASMR techniques to help people fall asleep. ASMRtists create environments that range from "personalized attention" (where they speak directly to the viewer, simulating sounds and gestures such as caresses), to role playing using various imaginary environments.

Today, there are a wide range of niches. Food ASMR, pioneered by Zach Choi, who has 4.94m YouTube followers, posts videos of him eating, focusing on the sound that comes from the act. Choi has also ventured into the destruction of makeup, carefully and meticulously destroying eye shadow palettes and other beauty items. Other channels concentrate on cutting, digging and tearing up soaps, always focusing on sound, accompanied by visual pleasure. Sites have been created for all languages and tastes, and platforms such as Facebook and Reddit have sections that are dedicated to sharing content, relaxation techniques and pleasant experiences in general. With an open mind, you may just find an ASMR experience that you like.

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GADGETS THAT WILL HELP YOU SURVIVE

DANIEL CASILLAS | METRO WORLD NEWS
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SPORTS

Jets embarrassed by lowly Dolphins

Gase's hot seat continues to warm as Jets drop third straight.

JOE PANTORNO
joseph.pantorno@metro.us

Ryan Fitzpatrick threw for three touchdowns against his former team on Sunday. GETTY IMAGES

Just when things couldn't get any worse for the New York Jets, they did.

After a week of drama surrounding the Kelechi Osemele release and trade talks involving Jamal Adams, the Jets suffered their most embarrassing loss of the season — a 26-18 result to the previously winless Miami Dolphins.

Former Jets quarterback Ryan Fitzpatrick victimized his old team, passing for 288 yards and three touchdowns on the day to add further insult to injury as the Dolphins picked up their first win since Week 14 of last season.

Meanwhile, the Jets offense led by young quarterback Sam Darnold and directed by head coach Adam Gase continues to struggle mightily.

The second-year passer was stifled by one of the league's worst defenses as he was limited to 260 yards, a touchdown and an interception.

Things started well enough for the Jets against what many consider the worst team in football.

After going 31-consecutive games without a touchdown on their opening drive, the Jets got their second opening score in as many games when Darnold hit Jamison Crowder for a 12-yard score.

Crowder was Darnold's favorite target in the half, hauling in eight catches for 83 yards along with that score.

He didn't have a single catch for the rest of the game.

Fitzpatrick, however, would lead three-straight touchdown drives, ending with three touchdown passes, to stun the Jets.

The Dolphins had scored 20 or more points in a game just one time in their previous seven games this season. They scored 21 in the first half alone.

The Jets would steal five quick points in the final 50 seconds of the half, making it a nine-point game at the break when Ryan Fitzpatrick was taken down in the end zone for a safety before Sam Ficken nailed a 52-yard field goal.

Field goals would be traded in an uneventful third quarter despite the Jets and Dolphins putting together long, promising drives that meandered near the red zone.

The Jets defense did their job, regardless, and kept Gase's sputtering offense within touching distance.

But with six-and-a-half minutes to go, New York's comedy of errors iced the loss when center Brian Winters' snap flew past an unsuspecting Darnold inside the Jets' five-yard line and went out the back of the end zone for a safety.

Looking into why the Mets chose Carlos Beltran

GETTY IMAGES

It turns out the New York Mets weren't waiting for the end of the World Series to speak with Washington Nationals first base coach Tim Bogar, after all.

Just hours after it leaked out that the search was down to two names, multiple reports have confirmed that the Mets have hired Carlos Beltran as 22nd manager in franchise history.

Beltran has well-known ties with the Mets having spent six-plus seasons with the organization where he developed into one of the greatest offensive players in franchise history.

While the decision provides plenty of nostalgia for Mets fans, the merits of his managerial expertise will be a topic of conversation throughout the winter and beyond.

This will be Beltran's first managing job in the majors after working as a special adviser with the crosstown-rival Yankees.

For a Mets team that has the pieces to be a contender in 2020, the original consensus amongst the baseball world was that an experienced manager would be needed to help steer the Mets to new heights.

The likes of Buck Showalter and Dusty Baker were still available while the Mets lost out on Joe Girardi last week to the division. But after almost a month of searching, it reportedly came down to Beltran and another inexperienced candidate in Eduardo Perez.

So why Beltran?

First off, he can handle everything that comes with New York, including the pressure, the media and the Wilpon family.

While his Mets career ended on bad terms, the interview process saw a reconciliation between both parties. Stating that he only wanted to manage the Mets back on Oct. 13 confirms that. And that will win brownie points amongst the fans.

A first-year manager also won't provide as much pushback compared to a veteran name like Girardi when general manager Brodie Van Wagenen tries to suggest tweaks to the lineup.

Above all, however, is that the 42-year-old is considered one of the greatest students of the game seen during this generation.

The 2017 world-champion Astros sang the praises of Beltran, who helped develop some of Houston's young stars, ranging from Jose Altuve to Carlos Correa to Alex Bregman.

Not only is Beltran well-versed in analytics, but he has a knack of figuring out what the opposing pitcher is thinking — whether that's through trends, picking up on tips or stealing signs.

This kind of gifted offensive mind could be a match made in heaven for a Mets team that has numerous younger bats whose development will be imperative for team success. That will range from Pete Alonso trying to follow up a monster rookie season, to Amed Rosario feeding off a successful second half that saw him flirt with the .300 mark.

With that, however, Beltran and Van Wagenen must bring the right support staff to ensure a promising starting rotation meets expectations while building a legitimate bullpen.

JOE PANTORNO

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MEDICAL RESEARCH

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- have lower extremities (legs, feet) pain,
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Healthy individuals (ages 21-55 years) who use heroin intravenously (IV) are needed for an 8-week inpatient study investigating medication effects at the New York State Psychiatric Institute.
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LEGAL NOTICES

LEGAL NOTICE
NOTICE OF PUBLICATION

Notification hereby is given that Wells Fargo Bank, National Association, 101 N. Phillips Avenue, Sioux Falls, South Dakota 57104, has filed on November 4, 2019 an application with the Comptroller of the Currency, as specified in 12 C.F.R. 5.30 of the Comptroller's regulations, for permission to change the location of its Newark 765 Broad Street branch from 765 Broad St, Newark, Essex County, NJ 07102 to 744 Broad St, Newark, Essex County, NJ 07102.

Any person wishing to comment on this application may file comments in writing with the Large Bank Licensing Lead Expert, Office of the Comptroller of the Currency, Mail Stop 10E-2, 400 7th Street SW, Washington, DC 20219, within 15 days after the date of this publication. The non-confidential portions of the application are on file with the Comptroller of the Currency as part of the public file. This file is available for public inspection during regular business hours.

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LEGAL NOTICES

NOTICE OF APPLICATION

NOTICE OF APPLICATION TO THE COMMISSIONER OF GENERAL SERVICES FOR A GRANT OF LAND UNDER WATER

TAKE NOTICE, That, pursuant to Section 75, Subdivision 7 of the Public Lands Law, the undersigned will on the 3rd day of December, 2019, make an application to the Commissioner of General Services for a grant of the land under water hereinafter described. Any person deeming himself liable to injury by said grant, should before said date file with said Commissioner of General Services, Corning Tower, Empire State Plaza, Albany, New York, 12242, a remonstrance stating his reason for opposing said grant. The land under water above mentioned is bounded and described as follows, to wit:

The land of the undersigned applicant, adjacent to the lands applied for, is bounded on the: North by Block 814, Lot 27 – Astoria Energy LLC East by Steinway Place South by 19th Avenue West by Luyster Creek (aka Steinway Creek)

It is the intention of the undersigned to appropriate said land under water by improving the same as follows: The undersigned seeks to perfect title to the lands formerly under water and obtain development rights to contiguous lands currently under water in contemplation of a possible sale of the property

Dated: October 24, 2019

Jennifer Wang
(Applicant)
Steinway, Inc. and Steinway & Sons
c/o Jennifer Wang
1 Steinway Place
Astoria, NY 11105

Michael Bogin
(Attorney for Applicant)
Michael Bogin
Sive, Paget & Riesel P.C.
560 Lexington Avenue, 15th Floor
New York, NY 10022

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NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
CENTRAL MORTGAGE COMPANY, Plaintiff, vs.
TEOFILO MENDEZ, GLORIA HEREDIA DE MENDEZ, ET AL., Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale duly filed on January 3, 2017, and an Order Extending Time to Set Sale dated September 4, 2019, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on November 15, 2019 at 10:30 a.m., premises known as 5509 97th Place, Corona, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 1906 and Lot 19.
Premises will be sold subject to provisions of filed Judgment Index # 5557/13.
Dominic A. Villoni, Esq., Referee
Berkman, Henoch, Peterson, Peddy & Fenchel, P.C.,
100 Garden City Plaza,
Garden City, NY 11530,
Attorneys for Plaintiff

NOTICE IS HEREBY GIVEN That a license, Number 1322581, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail under the Alcoholic Beverage Control Law at 656 6th Ave., New York, NY 10010. New York County, for on premises consumption. Brooklyn Born Holdings Group Inc.

NOTICE OF QUALIFICATION of OYA LAND HOLDINGS US LLC. Application for Authority filed with the Secy. of State of New York (SSNY) on 10/21/2019.
Office location: New York County. LLC formed in Delaware on 09/03/2019. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Corporate Service Company, 80 State Street, Albany, NY 12207-2543. Arts. of Org. filed with the Secy. of State of Delaware, Delaware Dept. of State, 401 Federal Street, Suite 3, Dover, DE 19901. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Tavern, with 1 additional bar, under the Alcoholic Beverage Control Law at 161 W. 23rd St., New York, NY 10011. New York County, for on premises consumption. Motel 23, LLC

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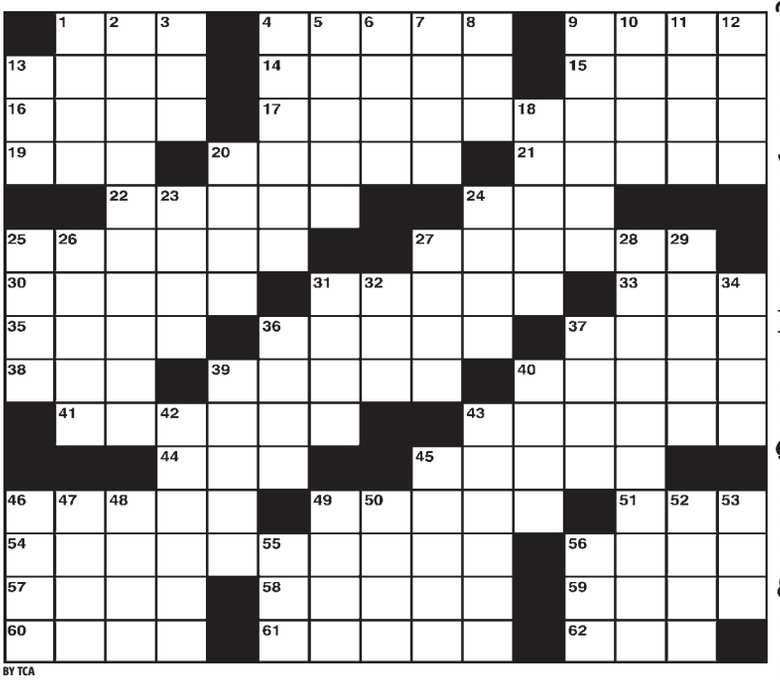
ACROSS

1 "__ It Be"; Beatles song
4 __ in; enjoy
9 Tiny drinks
13 Overnight dance party
14 Banishment
15 __-on; tie type
16 Word after double or convection
17 Common cause of food poisoning
19 Declare illegal
20 Chops finely
21 1st phase of an illness
22 "Oliver __"
24 Ted Danson series, once
25 School no-show
27 Votes into office
30 __ up on; studies about
31 Whipped cream-topped drinks
33 Last biblical bk.
35 Isn't __ to; can't
36 Casual greeting
37 Not yours, not his & not hers
38 Actor Brynner
39 Singer Simon
40 TV remote button
41 Oppressive ruler
43 Warm season
44 Horse's cousin
45 Summarize
46 Home
49 "__ your lucky stars!"
51 Wheel center
54 Draw new zoning lines
56 Out of harm's way
57 Scoundrels
58 External
59 "...giving __, up the chimney he rose..."
60 "Be quiet!"
61 Unkempt
62 Half-qts.

DOWN

1 Molten rock
2 At the end of the day
3 Bill denomination
4 Put up a struggle
5 Precise
6 Disgusting
7 Dutch __ disease; tree killer
8 Name for 13 popes
9 Picturesque
10 Problems
11 Stack
12 Altercation
13 Carl Reiner's boy
18 Snouts
20 Clamors
23 Get one's feet wet
24 Potter's material
25 Cafeteria item
26 Counter an argument
27 Nelson or Mary Baker
28 Rejoicing over a win
29 Good judgment
31 Categorize
32 Hooter
34 Swerve
36 __ Christian Andersen
37 Baby's word
39 Word attached to brief or suit
40 Hockey disk
42 Item on a relish tray
43 Guard
45 Churchill Downs events
46 Prefix for angel or diocese
47 Suitor
48 Probability
49 __-blue; loyal
50 Wallops
52 Martian vehicles, for short
53 Flower garden
55 Arnold or Bergeron
56 Gullible one



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horoscopes

Aries Do your best to make a difference, but don't let anyone take advantage of you. Looking out for your financial interests in a joint venture will be necessary.

Taurus Step up, make things happen and don't look back or let someone's emotional manipulation stand in your way. A joint venture will have strings attached.

Gemini Explore your options, and don't be afraid to make an adjustment to the way you do things or how you move forward.

Cancer A different perspective on how you handle matters or whom you deal with will encourage you to speak up on someone else's behalf.

Leo Sit tight, be observant and pour your energy into something constructive or healthy. Exercise and diet should be priorities if you want to look and feel your best.

Virgo Get involved in activities that involve older or younger family members. The support and help you give others will lead to positive lifestyle changes for everyone.

Libra If you look on the bright side, you will figure out a way to sidestep someone difficult or demanding. How others react to your maneuver will prompt you to expand your interests and friendships.

Scorpio Rely on your experience, charm and knowledge to help you take advantage of a chance to embark on an adventure.

Sagittarius Look over personal documents and update any that are ready to expire. Staying on top of deadlines and paying attention to the details will also encourage you to take better care of your health.

Capricorn Upgrades can be made. A domestic change will lift your spirits and ease stress. A service you can offer from home will bring in extra cash.

Aquarius Use your physical attributes to your advantage. A personal gain is possible if you take action.

Pisces Look inward, explore your feelings and make adjustments to the way you handle your money. A positive outlook will help you reinvent what you have to offer. EUGENIA LAST

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L	L	I	K	O	T	E	M	I	T
W	V	B	D	A	L	L	A	S	O
G	O	U	M	A	T	T	H	E	W
B	A	L	R	I	G	H	T	C	A
T	U	C	F	D	E	Z	A	D	M
X	Q	Y	R	O	M	C	O	M	I
K	Y	M	E	D	A	C	A	T	S
E	E	B	E	R	N	I	E	R	T
C	O	N	F	U	S	E	D	U	A
D	E	T	E	C	T	I	V	E	D

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H	H	U
I	H	C

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8	9		2					
		7	5		3		9	1
	1					3	2	8
		8	3	2	4		1	
7	3						4	6
	4		8	6	7	5		
3	2	9					5	
5	8		6		2	1		
					5		8	3

Yesterday's Answers

S	L	U	G			A	F	A	R		T	H	I	S
W	I	N	E	S		D	I	R	E		H	A	L	L
A	M	P	L	E		A	R	M	A	D	I	L	L	O
P	A	L		D	I	G			S	O	R	E	S	T
		E	L	A	T	E			S	I	S			
T	R	A	I	T	S			F	U	L	T	O	N	
A	I	S	L	E		H	A	I	R	Y		P	E	G
S	L	A	Y		S	U	R	G	E		S	P	A	N
K	E	N		S	E	E	K	S		B	E	R	R	A
	S	T	R	A	P	S			A	R	R	E	S	T
			I	N	A			C	L	U	B	S		
S	H	A	V	E	R			H	I	T		S	A	C
T	O	L	E	R	A	B	L	E		A	M	I	G	O
O	U	S	T		T	A	B	S		L	E	V	E	L
P	R	O	S		E	A	S	T			T	E	S	T

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